



# *Critical Days of Summer*

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Camping, Bonfires, Hiking,  
Insect Bites, Allergy Season



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# *Trailblazing and Hiking Hints*

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- ★ Study maps/guidebooks so you know the area topography and its roads, trails, and streams.
- ★ Know the weather forecast before you leave.
- ★ Be in shape for your hike's physical demands.
- ★ Leave a written plan of your route and schedule with someone responsible. Stick to it!
- ★ Carry adequate emergency equipment: first-aid and snake-bite kits, a flashlight with extra batteries, proper clothing and PPE, insect repellent, and a battery-powered radio for weather reports.



# *Camping Hints*

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- ★ Camp with at least one companion. If you're camping in a remote area, your group minimally should have four people so if one is hurt another can stay with the victim while two seek help.
- ★ Pack emergency signaling devices and know in advance where the nearest telephone or ranger station is in case an emergency arises.
- ★ If your camping trip will be strenuous, get in shape before going. Allow time to acclimatize if climbing to high altitudes.



# *Bonfire Safety*

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- ★ Don't light a bonfire in windy conditions.
- ★ Don't leave it unattended. Oversee it until it has burned out, otherwise put it out.
- ★ Build it well clear of trees, shrubbery, tents, and anything else that is flammable or combustible.
- ★ Make sure a bucket of water or other extinguishing agent is nearby in case it is needed.
- ★ Never use flammable liquids to start the fire.
- ★ Above all, use common sense and general fire safety.





# *Camping Propane Safety*

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- ★ Use only approved appliances from an approved testing laboratory such as Underwriters Laboratories (UL).
- ★ Don't store propane cylinders in a vehicle or where temperatures exceed 120 degrees.
- ★ Only properly trained personnel should modify or alter a propane system. Tampering might cause a potentially dangerous situation.
- ★ Never use an "open flame" test for propane leaks.



# *Allergy Tips*

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- ★ Avoid the outdoors on windy days or when you start to notice symptoms. The wind stirs up pollen and carries it through the air.
- ★ Avoid high-pollen exposure periods (dawn and dusk).
- ★ Your health permitting, take antihistamines. These drugs are the mainstay for treating allergies.
- ★ Symptoms of an intense allergic reaction requiring immediate medical attention (emergency room treatment) include: severe sweating, faintness, nausea, panting, rapid pulse rate and pale, cold, moist skin.



# *Hiking/Camping Anti-Bug Hints*

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- ★ Ticks and mosquitoes can transmit serious, sometimes, deadly diseases. Suggestions for avoiding stings/bites:
- ★ Wear light-colored clothes because mosquitoes are attracted to darker colors. Ticks also are more easily seen on light-colored clothes.
- ★ Wear long pants and a long-sleeved shirt with a collar. Tuck in your shirt. You also can tuck your pants into your socks.
- ★ Don't wear baggy clothing that can trap bugs.
- ★ Avoid thick woods, dense grass, pools and puddles.



# *More Bug Hints*

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- ★ Insect repellents with DEET are most effective in preventing bites by mosquitoes, ticks, fleas, chiggers, and biting flies.
- ★ Avoid going out during peak hours when insects are out—dusk and dawn.
- ★ Don't leave food, drinks, or garbage out and uncovered
- ★ Children and adults who are highly allergic should wear identification bracelets, and adrenaline auto-injectors should be available at all times





# *When to Seek Medical Care*

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*If a bite-wound remains or worsens over several days, seek medical treatment for possible infection. Get immediate medical attention if you have been bitten or stung and become dangerously ill from a bite.*



*Symptoms of an allergic reaction include:*

- ▣ Swelling of the throat.
- ▣ Difficult or noisy breathing (wheezing).
- ▣ Decreased consciousness.
- ▣ Swollen lips or eyelids.
- ▣ Hives, itching or rash away from the bite area.





*Work, Play, Live ...  
Safely!*

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